

# Self-Control - Pre-K to 2nd Teacher Guide



## What is Included

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with challenging situations. In this guide you will find: Connection Questions associated with the video, independent practice guidance, and extended learning opportunities. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

### Viewing the Video

- Watch the video together with the students.

### Student Activities

- Connection Questions (before, during, and after the video) - 5-10 minutes.
- Fun Challenge, Student Activity, Drawing or Coloring Worksheet- 5-15 minutes.
- Extended Learning - 10 minutes.



## Connection Questions and Checks for Understanding

### Before the video 2-4 minutes

- Ask students: "What does it mean to have self-control?"

### During the video 3-5 minutes

- Pause the video periodically to incorporate Checks for Understanding (CFU).
- Ask students: "What area of the brain helps us have self-control? What other things does this part of the brain do?"  
(Answers: Frontal Lobe, it also helps us make decisions and problem solve.)

### After the video

- Ask students: "What does SC do to help him have self-control?"  
(Answer: Deep breathing.)
- "What are some other important times to demonstrate self-control?"



### Independent Practice

#### Fun Challenge Worksheet

- Exciting introduction to the activities ahead.

#### Drawing or Coloring Worksheet

- Students can express themselves and relax their minds.

#### Student Activity Worksheet

- For grades 1st and 2nd.

## Extended Learning

### Read and Discuss

How is respect demonstrated in the following books:

Clark the Shark  
by Bruce Hale

Hands Off, Harry!  
by Rosemary Wells

What Should Danny Do? School Day  
by Suzy Capozzi

My Mouth is a Volcano  
by Julia Cook

